

Brain Lies

Rewriting Your Inner Narrative

Workbook by
JMDigitalArtPlanners

Welcome to Brain Lies

A Gentle Guide to Rewriting the Stories That Hold You Back

Hello dear Soul,

If you're holding this workbook, you're likely feeling something you can't quite name: a mix of **self-doubt**, **overwhelm**, and the quiet knowing that you're meant for more worth, ease, clarity, and trust in yourself.

I created this workbook because for years we all carry quiet stories that drain our confidence:

"You're not enough"

"You're falling behind"

"You should be doing more"

These aren't truths, they're brain habits.

This workbook helps you gently uncover the mental patterns holding you back, and replace them with supportive thinking.

After This Workbook, You'll...

- Understand how your mind creates distorted stories
- Recognize your emotional triggers with clarity
- Respond to challenges with more calm and confidence
- Rebuild self-trust through evidence, not pressure
- Shift from fear-based thinking to grounded, empowered decision-making.

Why It Works

Built on principles from:

- cognitive psychology
- neuroscience of habits
- nervous system awareness
- self-compassion research
- mindful productivity.



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This method is simple, actionable, and gentle; the way lasting change actually happens.

Your Journey Starts Here

Move slowly.

Reflect deeply.

Return to the exercises that speak to you.

Changing the way you speak to yourself changes everything.

With warmth,



the creator behind this workbook

Sample pages from the
Brain Lies Workbook





How to Use This Workbook

A simple guide for daily clarity, weekly reflection, and gentle growth

This workbook is designed to fit any schedule, season, or energy level. Go slowly. Take breaks. Return to pages when you need.

Daily Use (5–10 minutes)

Choose 1 mini-practice per day:

- *Identify one “brain lie” you noticed today*
- *Reframe one thought using the gentle prompts*
- *Do a quick self-check-in (mood, energy, tension)*
- *Use the “Today I Choose” or “Today I Release” mini-ritual*
- *Track one small win or micro-action*
- *Write one self-compassion sentence.*

Why daily?

Small mental shifts repeated daily create real cognitive change.

Weekly Use (20–30 minutes)

For building insight, confidence, and emotional awareness.

Every week, take time to:

- *Review any brain lies that showed up*
- *Look at patterns (What triggered them? What helped you feel safe?)*
- *Do 1 deeper exercise or worksheet*
- *Reflect: “What felt lighter this week?”*
- *Choose your gentle focus for next week (energy, boundaries, self-trust, clarity, etc.)*
- *Re-read a section that feels relevant.*

Why weekly?

Reflection turns awareness into progress, and progress builds self-trust.

Deep-Dive Sessions (30–45 minutes)

You can do these at the end of a month, during a reset, or whenever you need clarity.

Use deep dives for:

- *Identifying your primary brain patterns*
- *Working through a full thought-restructuring worksheet*
- *Exploring self-worth, perfectionism, or comparison*
- *Strengthening emotional resilience*
- *Creating your support rituals.*

Why deep dives?

They give you the space to rewrite the stories your brain repeats on autopilot.

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How Long Will It Take?

Use this workbook at your own pace, but here's what most people find:

- **Daily mini-practice:** 5–10 minutes
- **Weekly reflection:** 20–30 minutes
- **Full workbook completion:** 4–8 weeks (gentle pace)
- **Revisiting favorite sections:** anytime.

This workbook is meant to feel *light, warm, and supportive*.

It's a companion, so hear your own rhythm.

Your Commitment?

You don't need motivation, perfect consistency or hours of free time.

You only need:

- small steps
- honest reflection
- a willingness to be kind to yourself (and this is the most important).

That is enough.

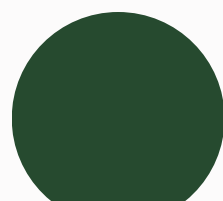
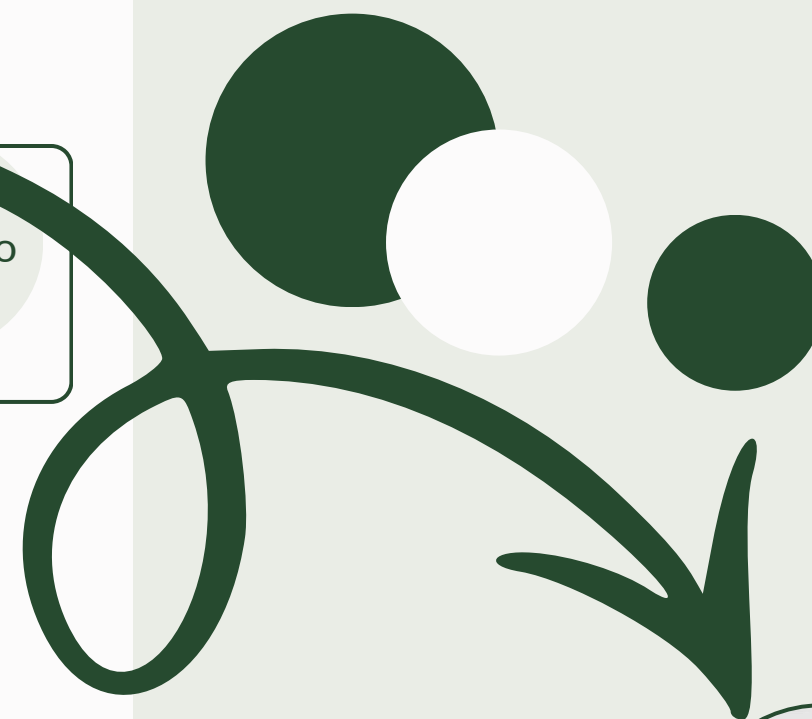
And you are already beginning.

How to Navigate

Press the **logo button** to jump onto Contents page and **tap on site** to visit the website

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Brain Lies Workbook



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Your thoughts shape your reality—but what if some of them aren't true?

The Truth About Brain Lies

Why Your Brain Lies to You

Your **brain** is an incredible machine, but it's also a **storyteller**. Research on cognitive biases (Kahneman, 2011) shows that the brain often relies on shortcuts shaped by past experiences and fear, which can distort reality¹ [check bibliography].

The problem? Not all of these interpretations are accurate.

Instead of seeing reality as it is, your brain often:

- *Assumes the worst* to protect you from potential failure
- *Distorts memories* based on emotions rather than facts
- *Clings to outdated beliefs* even when they no longer serve you
- *Creates self-doubt* to keep you in your comfort zone.

These mental shortcuts were useful for survival in the past (e.g., avoiding danger), but in modern life, they can hold you back from happiness, success, and self-love.

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The Impact of Brain Lies on Your Life

When you believe your brain's false narratives, you might:

- ✗ Avoid opportunities out of fear of failure
- ✗ Struggle with self-doubt and low confidence
- ✗ Feel stuck in patterns of procrastination or perfectionism
- ✗ Sabotage relationships due to negative assumptions
- ✗ Stay in toxic situations because of fear-based thinking.

The good news? Once you recognize these distortions, you can rewrite the script.



Quick Self-Reflection Exercise

What negative thoughts do you tell yourself?

Take a moment to write them down.
Examples:

- *"I'm not good enough"*
- *"I always mess things up"*
- *"If I fail, people will think I'm a failure"*
- *"I don't deserve happiness"*

Now, ask yourself: Would you say these things to your best friend?
Probably not!





Quiz: “Which Brain Lie Does My Mind Fall for Most?”

Instructions:

Choose the option that feels most familiar. Trust your first reaction.

Question 1 – When you start something new, your biggest thought is...

- A. “I need to get this perfect from the beginning”
- B. “Other people my age are already so far ahead”
- C. “If I try and fail, everyone will see I’m not good enough”
- D. “I should already know how to do this”
- E. “It’s probably too late for me”

Question 2 – When you feel stressed, your mind goes to...

- A. “I have to do everything myself”
- B. “Everyone else handles life better than me”
- C. “If I can’t fix this quickly, something’s wrong with me”
- D. “I shouldn’t feel this way”
- E. “Once I achieve ___, then I’ll finally be happy”

Question 3 – When you think about your future, you...

- A. Assume your limitations define you
- B. Compare yourself to everyone around you
- C. Pressure yourself to have everything figured out right now
- D. Feel like your emotions are an inconvenience
- E. Wait for the “perfect moment” to begin

Check the final page to see the results

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Question 4 – When someone compliments you, your brain says...

- A. “They don’t really mean it”
- B. “If they knew the real me, they’d change their mind”
- C. “I only deserve praise if it was perfect”
- D. “Others are doing much better, so this doesn’t count”
- E. “I won’t feel proud until I do more”

Question 5 – When you make a mistake, your first thought is...

- A. “See? I’m just not good enough”
- B. “Now everyone will know I’m failing”
- C. “I should have done this perfectly”
- D. “I shouldn’t feel upset – just deal with it”
- E. “Great, now I’m even further behind”

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10 Sneaky Lies Your Brain Tells You (And How to Spot Them)

Your brain can be your best friend or your worst enemy. These 10 sneaky lies often go unnoticed, shaping your decisions, emotions, and self-worth without you realizing it.

Awareness is the first step!

Let's uncover these hidden mental traps and learn how to challenge them.

Lie #1: I'm Not Good Enough

What It Sounds Like:

- "I'm not talented/ smart/ attractive... enough."
- "Other people are naturally better than me."

✗ Why It's a Lie:

This belief is usually rooted in comparison and perfectionism. You see someone's highlight reel and assume they have it all figured out, while ignoring your own strengths. ^[2; 3]

Belief Strength Scale

On a scale from 1-10, how strongly do you believe this thought right now?



How to Spot It:

- You hesitate to apply for a role or pitch a project because you assume others are more qualified, even when you have evidence of strong performance.
- You over-give, over-please, or avoid expressing needs because you believe your needs are "too much."
- You abandon ideas early because you convince yourself they aren't original or meaningful.
- You downplay compliments and focus only on flaws, ignoring how others genuinely see you.
- You hesitate to try new things out of fear of failure.
- You seek external validation before feeling worthy.

What this lie makes you feel:

- ☐ self-doubt ☐ pressure
- ☐ fear ☐ shame
- ☐ overwhelm



Imagine you receive feedback that your project needs revisions. Your first thought is: 'I'm not good enough'

1 . What emotions rise first?

[illegible]

2. What physical sensations appear?

[illegible]

3. What else could be true besides the brain lie?

[illegible]

4. How would a supportive mentor interpret this moment?

[illegible]



Reflection Questions:

1. What proof do I have that I am not good enough?

This image shows a blank sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

2. Is this proof based on facts or emotions?

3. If a loved one had this thought about themselves, how would I respond to them?

[illegible]

4. What are three things I've accomplished that show my strengths?

5. My thoughts about these accomplishments?

[illegible]

6. My skills, abilities, talents that could lead to these achievements?

[illegible]

Rewriting the Lies: A Thought Reframing Method

Our thoughts shape our emotions, actions, and ultimately, our lives.

But many of the thoughts we repeat aren't **facts**. They're just **stories our brain has picked up over time**.

The good news?

We can **rewrite these mental narratives** and break free from limiting beliefs, based on principles of Cognitive Behavioral Therapy (Beck, 1979; Beck, 2011), which demonstrates that thoughts can be challenged and reframed.^[9]



Quick Test

Catastrophizer or Minimizer?

Circle the answer that feels closer to your default pattern:

1. When something goes wrong, I usually think:
 - a) "This will get worse"
 - b) "It's fine, it's nothing"
2. When stressed, I tend to:
 - a) Spiral into worst-case scenarios
 - b) Pretend I'm okay and shut down
3. When people don't reply immediately, I think:
 - a) "Something bad happened"
 - b) "They're probably just busy... but I'm disconnected"

“

Your mind is a powerful storyteller, but you get to choose the ending





This is one of 10 patterns we gently untangle inside the workbook. This is only the beginning.

Or scan QR Code

Click to continue your journey

Awareness is power.

This workbook will help you **identify, challenge, and rewrite** the limiting beliefs that hold you back. You'll learn to:

- Spot sneaky thought distortions
- Question the truth behind them
- Replace them with empowering beliefs
- Take action despite fear and self-doubt



You do need to be fixed.

You just need to reframe your thoughts

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